1 news

After winning the Digging into Data Challenge, two research teams at UWO will use the power of computers to analyze mummies and human-rights abuses. Scan code for story.

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On the web at metronews.ca

Utica, N.Y., police refute allegations of evidence-planting after footage from a dashboard camera goes viral. More at metronews.ca/video

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Winter's first blast hits hard

Wednesday's high expected to top off at -1 C with just a few flurries
Roads should be fully cleared by Wednesday morning

ANGELA MULLINS
@METRONEWS.CA

If one were keeping score, it would be winter, 1, London drivers, 0.

Squalls that dumped more than 40 centimetres of snow on the Forest City between Monday evening and Tuesday morning caught motorists off guard, police said.

About 40 vehicle collisions were reported on city streets Monday and about 30 were on record by late Tuesday afternoon. In comparison, there were about 20 collisions combined on Saturday and Sunday.

While the weather-related crashes were minor, a bit more caution would have gone a long way, said Sgt. Tom O'Brien, head of the police service's traffic unit.

"Drivers in London seem to require three or four days of winter driving before they get it," he said. "(It's) two days of generally preventable collisions that should not have happened but did … because people weren't able to compensate for the change in weather."

The slow morning commute came after city crews spent a long night battling the storm.

A fleet of 65 road plows, 37 sidewalk plows and 25 trucks loaded with sand and salt was deployed at 11 p.m. Monday.

Workers spent much of the evening focused on clearing main roads and had just started making their way to side streets when heavy squalls bore down between 2 and 3 a.m., said John Parsons, manager of transportation and roadside operations.

Crews then moved back onto the main roads — with most beginning to show pavement by late afternoon — and were expected to hit secondary roads overnight.

Garbage and recycling collection were running behind Tuesday.

Items that were not collected as scheduled should be left on the curb in a place where they won't be covered by snow plowed from streets, city officials said. They will be picked up Wednesday morning.

As for the rest of the week, it looks as if winter is going back on holiday.

Peter Kimbell, a meteorologist with Environment Canada, said the lake-effect system that blew over London was short-lived. Flurries in today's forecast shouldn't result in additional accumulation, he said.

Snow big deal?

Here's how the snow fell Monday and Tuesday, reaching a total accumulation of 43 centimetres in London:

- **Through 7 p.m. Monday:** 17 centimetres
- **7 p.m. Monday to 7 a.m. Tuesday:** 19 centimetres
- **After 7 a.m. Tuesday:** Seven centimetres

ANGELA MULLINS/METRO

▶ Brothers Semma, 6, background, and Peter Regenault, 8, both of London, brave a snow hill Tuesday morning at Dodge Park. The park was filled with kids making tracks in the freshly fallen snow well before noon.

Quit smoking and you could win a car

The Canadian Cancer Society has launched its seventh annual Driven to Quit Challenge in Ontario.

The challenge, funded annually by the Ontario government, is open to Ontarians aged 19 and over who used tobacco at least 10 months in 2011.

Those who stay smoke-free for the month of March could win their choice of a new Ford Fusion hybrid or Ford Edge.

"Every attempt to quit is a vital part of this process, and with the right resources and motivation, Ontarians have a better chance of success," Health and Long-Term Care Minister Deb Matthews said.

THE CANADIAN PRESS

How to enter

- For more information, visit driventoquit.ca.

News in brief

Suspect arrested in Oshawa

A man sought by the police in the Dec. 27 murder of Said (Sean) Hadbai was arrested in Oshawa on Tuesday.

A warrant was issued last week for the arrest of Drai O'Hara-Salmon for second-degree murder.

O'Hara-Salmon will be transported back to London and will appear in court Wednesday. Anyone with information is asked to call London police or Crime Stoppers. METRO

City road race

London Life Forest City Road Races have opened registration for the April 29 event at forestcityroadraces.com. METRO

IAN NICHOLSON/THE ASSOCIATED PRESS

▶ Police attend the scene at the Queen's Sandringham estate in Norfolk, England, on Tuesday following the discovery of human remains in the area.

Body discovered at Queen's estate

◐ Buckingham Palace officials are staying mum about the murder case ◐ Police keeping details confidential

A murder mystery with elements of an Agatha Christie whodunit is unfolding at the vast country estate where Queen Elizabeth and her family gathered in rural splendour to celebrate Christmas and New Year's.

British police said that a young woman's body was found in the forest at Sandringham and that they are treating it as a murder case.

An autopsy was conducted Tuesday, but the precise cause of death was not disclosed, and investigators have yet to establish the woman's identity.

The royal family is not implicated in the crime in any way.

The body was discovered by a dog walker on New Year's Day five kilometres from the Queen's elegant country home. Norfolk police said tests showed the body had been there one to four months.

Police said a forensic pathologist found that it was highly unlikely the death was of natural causes and that there was no evidence of accidental injury. Investigators hoped to use DNA to identify the woman.

The Queen and her husband, Prince Philip, celebrated the holidays at Sandringham with their children and grandchildren. The royal couple were still at Sandringham on Tuesday, along with their youngest son, Prince Edward, and his wife, Sophie.

Part of the sprawling estate is open to the public, and the body was found at Anmer, a hamlet of several dozen people northeast of London,

"We are at the very early stages of the investigation and it could be a complex inquiry," Det. Chief Insp. Jes Fry said Tuesday.

Fry said authorities were examining missing-person reports and unsolved cases around the country to see if there were any possible links. **THE ASSOCIATED PRESS**

North Koreans stage rally in support of new leader

Pumping their fists and chanting, tens of thousands of North Koreans packed the snowy main square of the capital Tuesday to pledge their loyalty to new leader Kim Jong-un as the campaign to consolidate his power deepened.

State television also aired footage of Kim's recent visit to an elite tank unit with family and historical ties that showed him interacting with soldiers with ease and carrying out inspections much like father Kim Jong-il and grandfather Kim Il Sung did before him — footage that aimed to show off his youth and health and put his confidence and authority on display.

The rally and the footage were the latest steps in a carefully choreographed campaign to build support for North Korea's new leader that began the day news broke of Kim Jong-il's death last month.

Kim Jong-il died Dec. 17 of a heart attack, leaving the nation of 24 million in the hands of his youngest son, who was a mystery even to the North Korean people until his emergence in September 2010 as his father's favoured successor.

Since Kim Jong-un, who is in his late 20s, was made a four-star general and a vice-chairman of the Central Military Commission of the Workers' Party, the campaign to groom him has been fast.

THE ASSOCIATED PRESS

▶ Thousands rally in Pyongyang on Tuesday.

Cult of personality

- In the documentary of his military visit Sunday, Kim Jong-un was dressed in a long, dark overcoat similar to the coat his grandfather used to wear.
- He is shown in an exhibition room lined with black-and-white photos, including an image portraying a young Kim Il Sung.
- The footage also served to show the confidence of Kim, who mingled easily with soldiers and appeared to be giving them pointers.

North Korea has sought to highlight Kim Jong-un's heritage as heir to North Korea's founding fathers, underlining his physical resemblance to the late President Kim Il Sung and characterizing him as an "identical" extension of his father.

THE ASSOCIATED PRESS

Businessman launches fund to battle French genocide bill

A wealthy French businessman has launched a €1-million fund to pay the fine of anyone convicted in France for denying that the killing of Armenians by Turks almost a century ago was a genocide.

Rachid Nekkaz, who previously offered to pay the fines of Muslim women penalized for wearing a full-face veil, claims that the real target of the French bill is Islam, since Turkey is a Muslim country.

FRANCOIS MORI/THE ASSOCIATED PRESS

▶ Rachid Nekkaz

The French parliament has not yet made it a crime to deny the 1915 killings by Ottoman Turks amount to genocide.

The bill passed in the lower house on Dec. 22, prompting an angry Turkey to recall its ambassador and suspend contacts and military co-operation.

The bill, which allows for a jail term and a fine of up to €45,000, still needs Senate approval to become law.

THE ASSOCIATED PRESS

Chow. Down

▶ In this picture taken last July, people eat at a popular restaurant sponsored by the Brazilian government in Sao Paulo.

ANDRE PENNER/THE ASSOCIATED PRESS

A move towards zero hunger globally

Jose Graziano da Silva, the new director-general of the UN Food and Agriculture Organization (FAO) and former Brazilian food-security minister, is one of the creators of the nation's Zero Hunger social programs, which includes Bolsa Familia, or Family Grant, the biggest program that gives money directly to poor households. That same idea may now get a global tryout as world food prices spike, economies everywhere sputter and a horrific famine desolates East Africa.

Gap between rich and the 'rest of us' grows: Report

- **By noon each day, a CEO can make an average Canadian's annual salary**
- **A top executive's compensation rose 27 per cent from 2009 to 2010**

The richest of the rich have gained more ground in Canada, and are now making 189 times the average Canadian wage, according to a new report.

The 100 highest paid chief executives whose companies are listed on the S&P/TSX composite index made an average of $8.38 million in 2010, according to figures pulled from circulars by the Canadian Centre for Policy Alternatives, a left-leaning think-tank.

That's 189 times higher than the $44,366 an average Canadian made working full time in 2010, the report says.

And it's a 27 per cent raise from the $6.6 million average compensation for the top 100 CEOs in 2009, the report says.

Regular Canadians, on the other hand, have seen their wages stagnate over the past few years. In 2010, after adjusting for inflation, average wages actually fell.

"The gap between Canada's CEO elite 100 and the rest of us is growing at a fast and steady pace, with no signs of letting up," says economist Hugh Mackenzie, who authored the report.

"The extraordinarily high pay of chief executive officers is more than a curiosity. It actually is a reflection of a troubling redistribution of society's resources in Canada and the United States, and in most of Western Europe," he said in an interview.

He points out that in 1998, the top 100 CEOs were paid 105 times the average wage. Since then, the ratio has generally climbed up.

"The process of paying CEOs is really quite incestuous."
HUGH MACKENZIE, ECONOMIST

In 2008, it was 174, dropping back to 155 during the recession in 2009. The high-water mark was 2007, when it peaked over 190.

The driving forces behind the inequality gap are complex, and lie in the structure of executive compensation packages, Mackenzie says.

Consultants giving advice to corporate boards on how much to pay their CEOs only compare to other CEOs, perpetually driving up the average in the race to be above-average, he explains.

The corporate board members all run in the same circles.

And many companies use stock options for a large part of their executives' bonuses, a practice that not only drives up pay packages but also ties compensation to share price rather than company performance, Mackenzie notes.

Solutions are equally complex. Debate in the United States has raged over this subject since the subprime fiasco of 2008, and the consensus seems to be that regulating the structure of compensation packages won't really work, Mackenzie says.

Instead, taxation is better, allowing corporate boards to compensate as they please, but putting governments in a position to claw back excesses and redistribute them as they see fit. **THE CANADIAN PRESS**

RIM board may get new chair

Research in Motion shares soared Tuesday amid reports of a possible boardroom shakeup that investors hoped could lead to a turnaround or sale of the beleaguered BlackBerry maker.

News reports say Mike Lazaridis and Jim Balsillie are considering relinquishing their titles as co-chairmen of the RIM board. The two also run the company as co-CEOs.

However, the company has not commented directly on an anonymously sourced report in the National Post's financial section, that Barbara Stymiest, an independent member of the RIM board since 2007, is the leading candidate to take over the position.

"It's not surprising if something like that happens, I think the question is: is this too little too late?" asked William Blair & Co. analyst Anil Doradla.

The Waterloo-based company's board launched a review of how it's governed months ago under pressure to do something to improve its dismal stock performance.

When asked for comment Tuesday, RIM issued an email response saying only that a committee of seven independent directors, which includes Stymiest, is due to report its findings at the end of the month.

RIM says the board will publicly respond within 30 days of that. **THE CANADIAN PRESS**

ECONOMIC TRENDS

Financial assurance lower with age: Poll

A new CIBC poll shows 64 per cent of Canadians feel positive about their current financial situation, a finding the bank describes as strong, but still five per cent lower than a year ago.

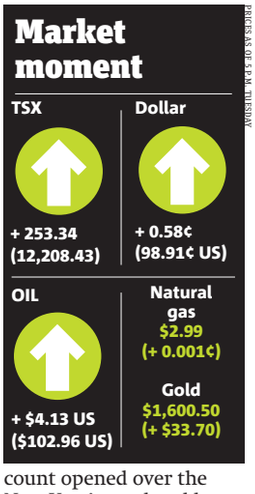
The poll, conducted in mid-November by Harris/Decima, also found that an even higher number of Canadians — 72 per cent — were confident they would reach their future financial goals, unchanged from last year.

Across age groups, confidence in achieving financial goals was generally strong, but there was a declining trend. Among Canadians aged 18 to 34, 78 per cent said they were confident of reaching their financial goals. While among Canadians aged 55 to 64 only 68 per cent felt their goals were achievable. **THE CANADIAN PRESS**

Murdoch's wife's tweets just a hoax

A Twitter account purported to be linked to the wife of media mogul Rupert Murdoch has turned out to be bogus.

Twitter spokeswoman Rachel Bremer said Tuesday that the site "mistakenly verified" the "Wendi-Deng" account as genuine. She said the company apologizes for the confusion. Twitter would not discuss its verification procedures, which are put in place to prevent hoaxes. Meanwhile, News International said while the account was fake, the Twitter account opened over the New Year's weekend by News Corp. chief Rupert Murdoch was genuine. **THE ASSOCIATED PRESS**



HEY BILL, WHAT'S YOUR BEEF?

JUST SAYIN' ...

PAUL SULLIVAN
METRO

It happens every year about this time.

When I'm asleep, someone sneaks into the bedroom and switches all my clothes for a size smaller, then removes the perfectly good mirror hanging on the wall and replaces it with one of those funhouse mirrors that make you look fatter than you really are.

I'm not making this up. And, to be clear, it has nothing to do with Christmas cake.

I don't know who these people are or why this is their idea of a good time. All I know is that I have to go on a diet every year so I don't have to go naked. Which, if the funhouse mirror is any indication, would not be pretty.

There was a time "going on a diet" was simple and involved cottage cheese. Then that wasn't good enough and you had to have non-fat cottage cheese. Now, according to the latest nutritional science, cottage cheese is a no-no, as dairy products are linked to cancer, heart disease, irritable bowel syndrome and Dutch elm disease.

"The head of the Harvard School of Public Health says it's 'udderly ridiculous' for the USDA Food Pyramid to recommend three glasses of milk a day."

Don't take my word for it. The head of the Harvard School of Public Health says it's "udderly ridiculous" for the USDA Food Pyramid to recommend three glasses of milk a day, and more than implies that the new improved Pyramid, revised just last year, is as much a result of intense lobbying by the National Dairy Council and other food pressure groups as it is a product of nutrition science.

These guys play for keeps. Who can forget that the beef industry sued Oprah when she announced she was giving up red meat because it's bad for you (not to mention what it does to the cow)? And when they're not trying to herd Oprah, they're trying to get ketchup and fries declared daily servings of fruits and vegetables.

So if you can't trust the Food Pyramid, who can you trust? These days, if you believe nutritional gurus such as Michael Pollan ("Eat Food. Not too much. Mostly plants.") it's not enough to watch the cupcakes for a few weeks, you have to be born again, with vegetables.

The poster boy for the lifelong-mostly-plants-no-cheating-no-fun diet is none other than good old Bill Clinton who never met a Krispy Kreme or an intern he didn't like. Until he had heart-bypass surgery.

Have you seen him lately? America's First Vegan has come out the other side of the funhouse mirror and looks more like Lance Armstrong than the Pillsbury Doughboy.

If Bill Clinton can change his evil ways, anyone can.

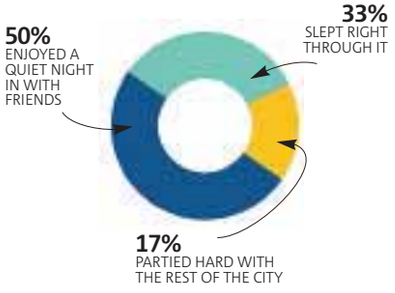
So hallelujah and pass the garbanzos. These are gonna be my salad days, whether I like it or not.

Read more of Paul Sullivan's columns at metronews.ca/justsaying

Panel

Register at metropolitanpanel.ca and take the quick poll

On New Year's Eve, you ...



Local tweets

- **@OMACMark:** Bleh, barely made it to the office. Why is it that snow tires seem so unnecessary until you really need them....? #ldnont
- **@nevesmommy:** Not too sure if going to work today is worth it. Really should go.... Really probably smarter to stay home. #ldnont
- **@lepagr2:** A foot of snow on my street + Six inch clearance for my car = working from home today. #Ldnont
- **@hoogathy:** This is one of those days where you look out and think, "man, there's no way I'm getting to work on time today." #ldnont
- **@jonoeoo:** Way to turn on the snow #LdnOnt
- **@loshepss:** all these #LDNONT tweets about excessive snow are not making me excited to go back!! It allll needs to melt within the next 6 days!
- **@emily_lougheed:** back to school, back to school, to prove to dad i'm not a fool #fanshawe
- **@joellempark:** thanks #uwo for another wholeeee week off to relax and rage

Daily Zoom

DJAMILA GROSSMAN/THE SALT LAKE TRIBUNE/THE ASSOCIATED PRESS

Buried alive

This cat really does have 9 lives

Janita Coombs plays with her cat, Andrea, at her Syracuse, Utah, home in the above photo.

The Utah city may put an end to its gas chamber after Andrea survived a shelter's two attempts to euthanize her. Animal-shelter volunteers were expected to appear at a West Valley City Council meeting Tuesday evening to make the case for using lethal injections instead. Andrea had not been adopted for 30 days when shelter officials tried to put her to death in October.

She survived, so they gassed her again.

Shelter officials presumed she was dead when they put her in a plastic bag in a cooler.

She was later found alive.

THE ASSOCIATED PRESS

"It was just one of those things where they thought this cat obviously really wants to live.... Let's give it a chance to find a permanent home."

WEST VALLEY CITY SPOKESMAN AARON CRIM TOLD THE SALT LAKE TRIBUNE

A will to live

- Shelter officials still aren't sure why the gassing failed to kill Andrea. The other cats with her in the euthanasia chamber that day all died.
- Volunteers say euthanasia by lethal injections of sodium pentobarbital would be more humane than the gas chamber, and also cheaper.

metro

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2 scene

HANDOUT

▶ Bonnie Morgan plays Rosa in The Devil Inside.

Bringing hellfire back

The Devil Inside is a return to classic possession movies Joins long line of spook shows

IN FOCUS

RICHARD CROUSE
SCENE@METRONEWS.CA

Demonic possession has been terrifying moviegoers for decades.

The Exorcist, the most famous fiendish film, created such a stir with audiences that in 1973 Newsweek ran a cover story entitled The Exorcism Frenzy. Complete with stories of queasy theatre-goers and their Exorcist barf bags, it helped create hysteria and make the movie one of the biggest hits of the year.

The impact The Exorcist had on audiences has yet to be duplicated by any of the dozens of possession movies released in its wake, but this weekend's The Devil Inside is hoping to bring a little good old-fashioned hellfire back to theatres.

The devil, of course, is the star of any possession movie, even if you don't actually see him. What's more petrifying than the idea of Old Scratch taking over your body and making your head spin 360 degrees?

But what about the brave priests who battle Beelzebub? Here's a few cinematic celebrants who have gone mano-a-mano with Mephistopheles.

Father Lankester Merrin, as portrayed by Max von Sydow in The Exorcist, presided over the most famous Satan skirmish.

The statuesque Swedish actor played Merrin twice — he's seen in flashbacks in Exorcist II: The Heretic — while Stellan Skarsgård played him in two prequels.

The loopiest of devil hunters must be Father Pierre Barre (Michael Gothard) from the Ken Russell film The Devils. He is a corrupt and despicable holy man who convinces a group of terrified nuns to fake a mass possession with the words, "You will scream! You will blaspheme!" His other questionable methods include "forcible colonic irrigation" with holy water and torture.

Barre isn't the only real life exorcist to be portrayed on film, however. Both The Rite, starring Anthony Hopkins as a real life exorcist tutor and The Exorcism of Emily Rose with Tom Wilkinson as a priest accused of murder when a young woman died during an exorcism, are based on true stories.

More fanciful is Leslie Nielsen as Father Mayii in Repossessed, an Exorcist parody co-starring Linda Blair, who played the possessee in the original film. When told she "has an ungodly voice and maniacal facial expressions" the skeptical Mayii replies, "That doesn't prove a thing! She could be related to Joe Cocker."

And finally, Beetlejuice has a different kind of exorcist. Michael Keaton plays a supernatural character called in as a "bio-exorcist" to rid a house of its human inhabitants.

Idol

American Idol finalist James Durbin has married longtime girlfriend Heidi Lowe in a New Year's Eve ceremony at the edge of a California redwood forest. The Contra Costa Times newspaper reports the guests included their two-year-old son, Hunter, who was the ring bearer.
THE ASSOCIATED PRESS

Preserving significant films from era

Bambi, Forrest Gump and Hannibal Lecter have at least one thing in common: Their cinematic adventures were chosen by the Library of Congress to be preserved in the world's largest archive of film, TV and sound recordings.

The Silence of the Lambs (1991), a disturbing psychological thriller about the cannibalistic serial killer Lecter, and Forrest Gump (1994), starring Tom Hanks as the simple-minded hero who thinks "life is like a box of chocolates," were critical and commercial successes that won the Academy Award for Best Picture. The animated Disney classic Bambi is among the most beloved movies ever made.

A majority of the titles chosen this year for inclusion in the National Film Registry are lesser-known — including silent films, documentaries, avant-garde cinema and even home movies. The Library of Congress announced the selections Tuesday.

The registry began in 1989 under the terms of the National Film Preservation Act and includes 575 films. Its aim is not to identify the best movies ever made but to preserve films with artistic, cultural or historical significance.
THE ASSOCIATED PRESS

HANDOUT

▶ Silence of the Lambs was one of the films selected to be preserved by the Library of Congress.

Tim McGraw album "Emotional Traffic," at centre of recent court battle, to be released Jan. 24

Canada's best diners

Catucci seeks out exceptional comfort food in greasy spoons across the country on You Gotta Eat Here

THE CANADIAN PRESS

▶ Comedian John Catucci

As he traversed Canada to profile diners and their dishes — from deep-fried eggs benedict to pizza pie to deep-fried mac and cheese — comic John Catucci came to the realization that he couldn't gorge.

"I would die. It would be one season and then it would be like: 'Sad news in Canadian television,'" said the host of You Gotta Eat Here, debuting Friday (at 9 p.m. ET) on Food Network Canada.

"There's no doubt I've gained a few pounds, but I learned early on that I don't have to eat the whole dish, I can do a couple of bites and talk about how delicious it is.

Like the hit American series Diners, Drive-ins and Dives, You Gotta Eat Here seeks out greasy spoons and various eateries serving exceptional comfort food.

"Those are the best places, where the taste is familiar but they're doing something new and they're twisting it a bit," said Toronto-born Catucci.

Catucci also goes into the kitchens to learn how the cooks make their signature recipes.

What's more, the meals are made from scratch, largely with fresh ingredients. "I think that's one of the main pushes in the show is making sure that everything's made in-house as much as possible," said Catucci.

"You can see it in the pride that the owners and the chefs have in their food." THE CANADIAN PRESS

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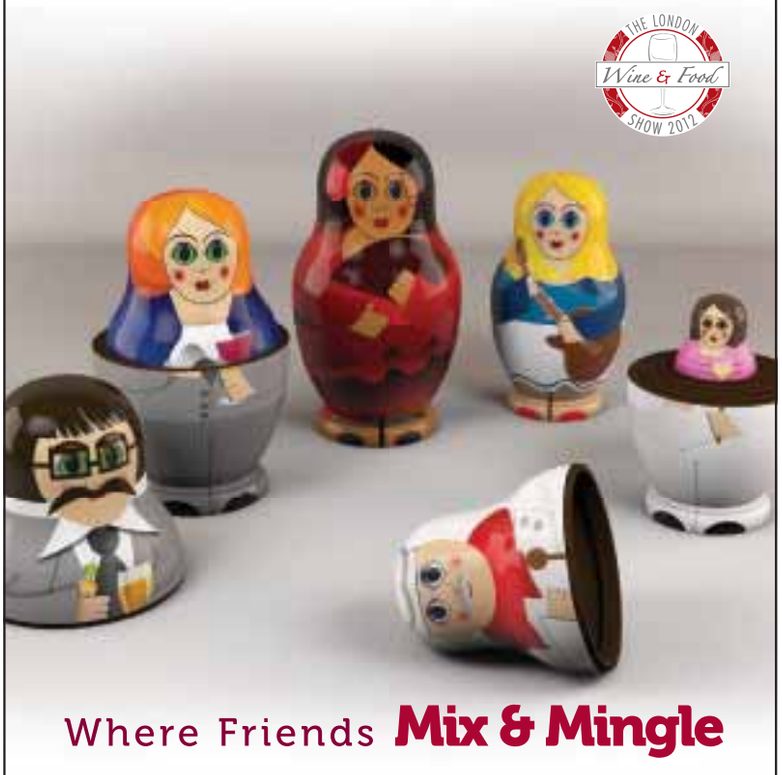

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Hefner states the obvious for 2012

- Our boy Hugh takes an oath to avoid the institution of marriage this year
- 85-year-old Playboy founder says he 'missed a bullet' with Crystal Harris

ALL PHOTOS GETTY IMAGES

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA

After a tumultuous 2011 that saw his engagement to Crystal Harris (who I like to think of as a very low-rent Kardashian in her media manipulation) fizzle, Hugh Hefner, 85, is vowing to avoid marriage for 2012.

▶ Crystal Harris

▶ Hugh Hefner

"This year has been a very interesting year for me. I almost got married," Hefner tells People magazine.

"And as Holly [Madison] — a dear friend and former girlfriend — said, 'Well, you missed a bullet.' I think that's accurate. I am clearly not meant to be married. Married life isn't for me."

You'd think the man who is known as an international playboy and has called a mansion filled with frolicking naked women home for most of his life would have figured that out, oh, about 65 years ago.

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No mini B yet

Rumours were flying last week that Beyoncé had given birth in New York just before Christmas, but clearly that wasn't the case, according to one onlooker who spotted the mother-to-be with husband Jay-Z on New Year's Eve in Brooklyn. "She was

"She looked amazing. She wore sky-high heels. It was really impressive for an enormously pregnant woman. She looked like she was about to give birth." SOURCE

▶ Beyoncé

definitely a pregnant lady that night," the source tells Us Weekly. METRO

A taste of real Mexico

Beyond the beaches and resorts of Mazatlan lies a world of natural beauty and quaint towns

THE TRAVELLIN' CANADIAN

DARREN PARKMAN
TRAVEL@METRONEWS.CA

Mazatlan, Mexico, is famous for its long-winding Golden Zone, packed with tourists, resorts, and fantastic beaches, but beyond all the glitter lies a world of adventure rarely seen.

Soon after reaching the outskirts of town I was surprised how different and desolate greater Mazatlan really is when you leave the comfort of the all-inclusive resort.

In the middle of the back country we traded our air conditioned SUV, for roaring bush ATVs, and that's when the fun started. Here is a Mexico rarely seen.

Our guide warned us that the trails would be bumpy with a lot of large rocks and potholes.

There are potholes and then there are craters, which I soon found myself roaring through, as we made our way all through the dense jungle-like growth.

I felt privileged to catch a glimpse of the real Mexico, with beautiful scenery, peaceful rivers, and even the odd lazy lizard sunning itself.

As we roared on on our trusty quads, we suddenly emerged from the bush to find a great little Mexican village seemingly in the middle of nowhere.

The locals in this town, which we learned was called La Noria, couldn't have been more friendly, despite the fact we were invading their space like a group of Hells Angels bikers.

Young and old smiled, waved and even cheered as we roared down the main street.

It was almost like being in a time warp watching villagers fetching water from a well and tanning leather to make belts. This, in the end, turned out to be well worth the sore back and dusty throat.

Our reward for making it through it all was a whirlwind stop at the Blue Agave distillery. This, amigos, is where they make the fun juice.

This historic Tequila factory draws mucho tourists who observe the ancient process of making real tequila from the locally grown blue agave plant.

It is strong stuff. And I do mean strong!

Luckily I had a designated driver to take me back to the comfort of the Golden Zone and my cool little all inclusive hotel, the El Cid.

I've been pretty much all over Mexico, and can honestly say that Mazatlan ranks among my very favourite spots in this country.

Despite that the area has been given a bit of a bad rap recently with reports of increased gang crime, I felt perfectly safe walking the streets on my way to my favourite watering hole in all of Mexico, Joe's Oyster Bar!

This place is the perfect beachfront venue to cap off a busy day on ATVS in the bush.

PHOTOS: DARREN PARKMAN/METRO NEWS

▶ Cathedral Basilica of the Immaculate Conception in Mazatlan is an 1875 church that was restored just a few years ago.

▶ ATVs are a great way to explore the backroads of Mazatlan. Just watch out for potholes!

Other cool things to do in Mazatlan

- **Check out the downtown history:** Visit the stunning Cathedral Basilica built in 1875. It was restored a few years ago and the interior is nothing short of spectacular. There is a lot of great architecture in this old part of town.
- **Mazatlan Aquarium:** One of the coolest Sea Lion shows you'll ever see, along with tons of exotic creatures including crocodiles, exotic birds and much more. acuariomazatlan.com
- **Estrella Del Mar Golf Course:** Rated one of the best golf courses in Mexico, this course was designed by Robert Trent Jones Jr. and combines great play with breathtaking scenery. estrelladelmar.com

3 life

Travel in brief

With all the fantastic food on board a first-class cruise ship, it may not be the ideal place to count calories. Only 10 per cent of cruisers worry they will gain weight on their vacation, says the Cruise Lines International Association. A major shipboard trend is the addition of more choice of restaurants and cuisines, especially on the new larger vessels, says North America's largest cruise industry organization. In a recent study, more than half of experienced cruisers ranked fine dining as the No. 1 benefit of a cruise vacation, says the association. Three-quarters of consumers said they were looking for new and different dining experiences onboard ships, while 65 per cent also want traditional dining.

THE CANADIAN PRESS

Free ferry service from Galveston may be Lone Star State's best tourist bargain.

Drink of the week

Classic Irish Coffee

- 90 mL (3 oz) 35% whipping cream
- 500 mL (16 oz) hot coffee
- 8 white sugar cubes
- 125 mL (4 oz) Tullamore Dew Irish Whiskey

Pour cream into a blender and blend to slightly thicken cream; set blender jar on ice. Place 2 white sugar cubes in the bottom of each Irish coffee glass or goblet. Pour 125 mL (4 oz) hot coffee into each glass. Pour 30 mL (1 oz) whiskey into coffee. Pour cold cream over the back of a spoon on top of each drink where it will float. Makes 4 servings.

THE CANADIAN PRESS/ TULLAMORE DEW IRISH WHISKEY

Cooking with coffee

Warm up on a cold winter's day with homemade café au lait steamers You don't need an expensive espresso machine for this recipe

"Black as the devil, hot as hell, pure as an angel, sweet as love." That's how 19th-century French philosopher-politician Talleyrand described coffee. He would have appreciated these coffee-based treats.

Ingredients :

- 250 mL (1 cup) strong brewed coffee
- 15 mL (1 tbsp) sugar
- 500 mL (2 cups) milk
- Ground cinnamon, for garnish

Preparation:

1. In a saucepan or large glass measuring cup, combine coffee and sugar. Gradually whisk in milk until blended. Heat in saucepan over medium heat or in microwave on medium (50 per cent) power until steaming, about 3 to 5 minutes.
2. To froth milk: Using a battery-powered latte whip or a whisk attachment on an immersion blender, whip hot milk mixture until frothy. Or transfer to an upright blender or milk frother and blend or pump until frothy.
3. Pour into 2 warmed latte bowls or large mugs and sprinkle or drizzle with cinnamon.

THE CANADIAN PRESS/ DAIRY FARMERS OF CANADA

THE CANADIAN PRESS

▶ This recipe makes 2 servings.

Coffee lovers are sure to enjoy this decadent lemon-and-coffee cake Use coffee in the cake batter and the icing to enhance its flavour Enjoy a slice with your favourite brew, a café au lait or a classic Irish coffee

THE CANADIAN PRESS

▶This recipe makes 10 to 12 servings.

Preparation:

1. Heat oven to 180 C (350 F).
2. In a large bowl, cream butter with sugar. Beat in eggs, one at a time, and sour cream with an electric mixer. Stir in milk and set aside.
3. In a separate bowl, mix flour with baking powder. Blend into butter mixture gradually, beating until smooth. Add lemon juice and rind. Mix well.
4. Pour mixture into a 23-cm (9-inch) buttered round cake pan. Bake for 1 hour.
5. Let stand for 10 minutes and remove from pan.
6. Spread with Lemon Coffee Icing. Sprinkle cake with chocolate vermicelli to decorate.
7. To make Lemon Coffee Icing: Squeeze lemon juice into a small bowl and strain to remove pits. In a food processor, cream lemon juice, coffee, butter and half the sugar. Whip in remaining sugar until mixture is thick and creamy. Spread cake with icing. Chill 2 hours before serving.

Ingredients:

- 500 mL (2 cups) sugar
- 125 mL (½ cup) softened butter
- 2 eggs, beaten
- 75 mL (⅓ cup) sour cream
- 250 mL (1 cup) milk
- 750 mL (3 cups) all-purpose flour
- 10 mL (2 tsp) baking powder
- Juice and rind of 1 lemon
- Chocolate vermicelli

For Lemon Coffee Icing:

- Juice of 1 lemon
- 30 mL (2 tbsp) strong coffee
- 50 mL (¼ cup) softened butter
- 500 mL (2 cups) icing sugar

THE CANADIAN PRESS/ DAIRY FARMERS OF CANADA

Help! I'm lost on the road to success

With a new year just beginning, now is the perfect time to establish a revived sense of direction Here's how

MEG POPOVIC
TALENTEGG.CA

This week I received a random Facebook message from a former student of mine.

Degree completed, resumé drafted, his character is infused with endless potential. He's bright and charismatic, driven and ambitious. Bottom line: The guy's a total rockstar.

Yet, in his current post-graduation haze, he's at a complete loss of how to get to where he wants to go in his professional life…

> Dear Dr. Popovic,
>
> In our class last year you talked a lot about a person's life path. At the time, I was so immersed in my student life that it didn't really click. Now, it's several months after graduation, I'm back home and feeling really confused about my job prospects. I thought I would have the full-time career of my dreams, start paying off my debt and be so much farther ahead than I am now. I am ready to grow up and I am willing to do the work. I see BIG things for my life path, but I don't know the right directions to take NOW... Do you have any suggestions?
>
> Thanks! JK

Although my student's destination is unique, his newfound professional reality is ubiquitous among recent grads: He's lost and needs a new map.

Oprah Winfrey stated that "luck is preparation meeting opportunity."

The irony I've encountered with my current and former students is that it's always the most capable and positive students who come to crossroads in the early stages of their careers.

For these bright young people, I suggest using two viewpoints to navigate their life paths.

ISTOCK

▶ It's all in your mind: Picture the path you need to take in order to reach the finish line of your career fantasy.

1

Life compass: Envision your direction

This is the big picture perspective on your life as a whole. It entails all of who you want to be. It's the professional, personal, social, health/fitness, economic, and spiritual intentions:

- What do you want to unfold in your life?
- What is a well-rounded, successful life for you?
- What are the opportunities you dream of?

A life compass points you in the direction that you aspire to go in your professional and personal life.

By considering these priorities and seeing them on paper, you will establish a stronger sense of purpose in your current and future endeavours.

2

Career GPS: Clarifying the routes

Once the direction of the greater life path is clearer, it's important to clarify the ways to reach the professional destinations of preference. Oprah calls it preparation; I consider it the 'doing' that grows your dreams. When executed with efficiency, attentiveness, and insight, this is the type of navigation that helps you build your life path.

Consider what your ultimate dream job is. Is it an entrepreneur? Investment banker? Psychotherapist? Nuclear energy engineer? What are the hard and soft skills required to attain excellence in this profession? Use this ideal goal as the destination to work backward from in the current moment.

Most importantly, be willing to do the work to get yourself prepared. Assume that en route to your final destination, there are 'stops' along the way. It may take five to 10 years for you to be prepared for the arrival of this opportunity.

Continue asking yourself questions like these to explore possible routes for your career:

- What can you do now that builds the foundation for your future direction?
- What skills and experiences can you attain to be ready for the opportunity when it shows up?
- What certifications and education are required to be competitive for this dream position?

You have the opportunity to craft your route.

Write down these new ways of being and doing and post them where you can see them daily. Strive to see your destination with a heightened awareness.

MEG POPOVIC, PHD, IS A GROUP FACILITATOR, PUBLISHED AUTHOR, UNIVERSITY PROFESSOR AND LIFE COACH. TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND CAREER RESOURCE FOR STUDENTS AND NEW GRADUATES.

Build your compass

- Craft a mind map that uses words to visualize, categorize and delineate ideas for your future.
- Create a vision board collage filled with images and words that connect to important dreams and aspirations you have for different areas of your life.
- Write a business plan for your life, complete with vision statement, budget, and 'board members' (family, friends, colleagues) who will be there to support your vision.

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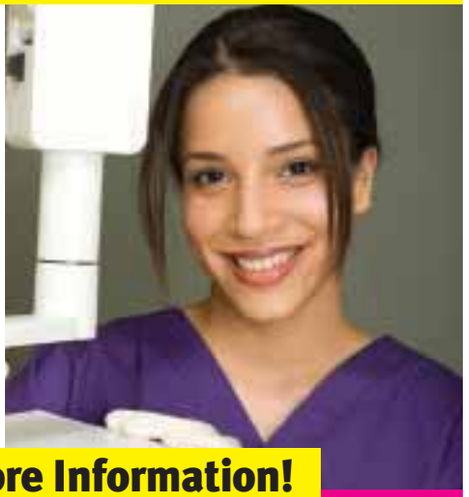

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4Motion

The R comes with VW's 4Motion all-wheel-drive system. During ideal road/weather conditions, all of the R's power is directed to the front tires, however when they begin to slip, up to 100 per cent of the torque shifts to the rear wheels.

Obviously the R is a true driver's car and that means a firm-riding, body-roll-reducing suspension, added braking power and a businesslike interior with well-bolstered front seats (covered in leather), aluminum pedals and a leather-wrapped steering wheel.

Transmission

The R's sole transmission is a six-speed manual, which is somewhat surprising given that the German automaker already builds a faster-shifting state-of-the-art paddle-operated manual gearbox for use in other Golf models.

Still, VW claims that the stick-shift R will hit 100 km/h in less than six seconds, which is quick enough for most folks. Be advised, however, that the R takes premium fuel.

Engine

The engine is a turbocharged 2.0-litre four-cylinder generating 256 horsepower and 243 pound-feet of torque. By comparison, the GTI, now relegated to being the second sportiest Golf on the lot, also comes with a 2.0-litre turbo-four, but it's rated at 200 horsepower and 207 pound-feet of torque.

Credit for the R's extra spunk goes to the turbocharger system that delivers considerably more boost than the GTI's.

▶ These 18-inch wheels are unique to the Golf R while the ride height is a bit more than half an inch lower than that of the GTI.

Volkswagen's pumped up kicks

MALCOLM GUNN
DRIVE@METRONEWS.CA
WHEELBASE MEDIA

When it comes to constructing the "hot-hatch" Golf R, Volkswagen certainly knows a thing "R" two.

The automaker is able to call up the requisite firepower and related performance content from its parts bins to build the kind of machine that will attract new fans to the brand that might otherwise end up at a Mitsubishi, Subaru or BMW/Mini store.

Volkswagen has been down the high-output road with the Golf before, specifically for the 2008 model year with the short-lived (and not for Canada) R32, with its 250-horsepower V-6 and all-wheel-drive. Now the automaker returns in early 2012 with yet another pumped-up Golf-based model designed to thrill and delight the North American masses, or at least those who appreciate a tightly-proportioned vehicle that can haul like the dickens in every sense of the word.

For Canadian consumption, there's a total allocation of 500 R models and all are four-door hatchbacks.

Other cars might make more content available, from blind-spot warning systems to intuitive/active cruise control, but the Golf R is having none of it. It concentrates on enriching the driving experience through generous helpings of power without ballooning the price through indiscriminate applications of luxury fluff and superfluous safety gadgetry.

On that basis alone, the R is tough to beat.

▶ Fully decked out, the Golf cockpit is far from cheap looking.

▶ The R is a traditional hatchback with plenty of details such as these LED taillights.

VW Golf R

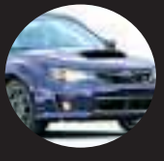
What you should know about the 2012 Volkswagen Golf R:

- **Types:** Four-door, all-wheel-drive compact hatchback.
- **Engine (hp):** 2.0-litre DOHC I4, turbocharged (256).
- **Transmission:** Six-speed manual.
- **Market position:** By its very nature, the Golf R will be a limited-production model designed to bring attention to the Golf line in general, and specifically to Volkswagen's expertise in creating high-performance automobiles.
- **Mileage:** L/100 km (city/hwy) 12.0/8.5 (est.).

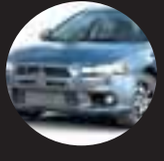
5 drive

By comparison

Subaru Impreza WRX STI
Base price: $39,900
Rally-bred all-wheel-driver available in sedan and wagon formats.



Mitsubishi Evolution
Base price: $43,600
Lancer-based sedan closely matched with Subaru WRX STI.



Mini Cooper JCW
Base price: $39,000
Peppy, FWD hatch is a salute to Mini's half-century racing heritage.

WHEELBASE MEDIA

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Infiniti's shot at best-of-the-best sedans

SECOND GEAR

JUSTIN PRITCHARD
DRIVE@METRONEWS.CA

Comprising the top-end of Nissan's luxury brand, the last-generation Infiniti M-Series models were available to Canadian shoppers from 2006 to 2010.

Big and luxurious, the M models were Infiniti's shot at some of the best flagship sedans from BMW, Audi and Lexus.

Look for a plethora of high-end features and world-class comfort and design.

2006 to 2010 Infiniti M

Engine

Power came from a 3.5-litre V-6 or a 4.5-litre V-8 — hence the "35" or "45" in the vehicle's name. Output from the V-6 was rated between 275 and 297 horsepower, while the V-8 generated between 325 and 335, depending on the year. Automatic transmissions were standard, and AWD was available.

What owners like

Owners typically rave about an exceptional interior, high comfort levels, performance, and a great-sounding engine. A high relative value factor and a long list of high-tech toys round out the positives.

What owners dislike

Owner complaints typically centre around fuel mileage, a "fussy" Bluetooth interface, road noise and a stiff ride on some models.

Common issues

Double check for proper operation of all electronic toys — including the navigation system, Bluetooth interface, stereo system and intelligent key. If a xenon headlamp is burnt out, negotiate to have it replaced before purchase, as they aren't cheap.

Verdict

No major or systematic issues related to the M's drivetrain were apparent — and most known issues should be easy to diagnose and repair.

Consider a used M35 and M45 alongside models like the BMW 5-Series and Audi A6.

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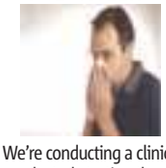

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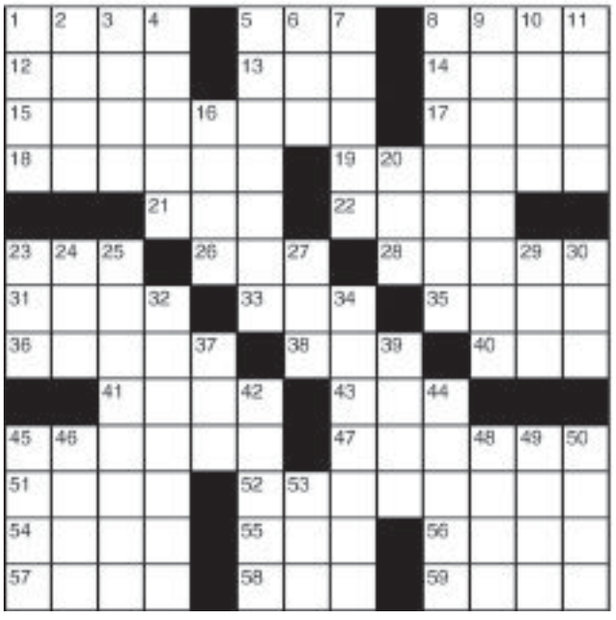
Crossword



Across

1 Gaucho's weapon
5 Apprehend
8 "Little Women" woman
12 Related (to)
13 Ostrich's cousin
14 La Scala solo
15 Back to zero, on "Wheel of Fortune"
17 Bantu language
18 Grommet
19 Small church
21 Listener
22 Warmth
23 Despondent
26 Water barrier
28 Place for a watch
31 Overly proper one
33 Fleur-de- —
35 Unmatched
36 Supermarket section
38 Mimic
40 Big Apple abbr.
41 Freeway access
43 Blond shade
45 Fluffy dessert
47 Paycheck increases
51 Swiss mountains
52 All of a sudden
54 Ceremony
55 Bill and —
56 Agony
57 Throw
58 "In what way?"
59 Curved molding

Down

1 Movie about a pig
2 Fine
3 Fragment of dialogue
4 Monitor location, maybe
5 On neither side
6 Pump up the volume
7 Sundance's pal
8 Charity events
9 Volcanic outbreak
10 Mah-jongg piece
11 Drag behind
16 Peruse
20 Chop
23 Hot tub
24 "Entourage" role
25 Causes chaos, maybe
27 Actress Farrow
29 Crafty
30 Sleuth, slangily
32 Optician's product
34 Small songbird
37 Type measures
39 Birthright barterer
42 Clingstone, e.g.
44 Zoo favourite
45 Shopping centre
46 Medley
48 Unescorted
49 Author Wiesel
50 "Auld Lang —"
53 Halloween shout

▶ Yesterday's answer

Sudoku

	9		7		4		1	
	3	1	9		5	2	6	
2			5		3			4
		3	4		8	6		
7			2		1			5
	5	6	1		7	3	2	
	8		6		9		4	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

5	9	2	6	1	7	8	3	4
4	3	1	9	8	2	6	7	5
7	6	8	4	5	3	2	1	9
6	1	3	5	4	9	7	8	2
9	2	5	7	3	8	4	6	1
8	7	4	2	6	1	5	9	3
2	8	7	3	9	5	1	4	6
3	5	6	1	7	4	9	2	8
1	4	9	8	2	6	3	5	7

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Him
Today is a good day, a brand new day. Feeling great. Broken heart healed, whew, finally, cried too, too many times. Scared, my adults, so much so, they surrounded me with their life to distract me while healing continues. Thank You, Creator, for you only know how to fix me. Even tho, I may not recognize right away eventually I get the message. This world is not about my personal needs its about redeeming self thru good work! Thank You! for another day in your crazy creation! ;)
FROM HER

You already broke my Heart
FROM IN JULY

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Why are you trying so hard to prove yourself? You should be comfortable with who you are and what you can do.

♉ Taurus April 21-May 21 It would appear there is something that you have missed, a small but important detail that has been overlooked.

♊ Gemini May 22-June 21 Can you believe what your inner voice tells you? Of course you can.

♋ Cancer June 22-July 22 You need to read between the lines today, then you are more likely to discover what the real issues are.

♌ Leo July 23-Aug.23 Someone you think you can trust will make what seems like a reasonable suggestion today, but if you act on what they say you may regret it.

♍ Virgo Aug. 24- Sept. 22 Honesty is a must today, especially when dealing with people in positions of authority.

♎ Libra Sept. 23-Oct. 23 You know what it is you want to be doing but you can't seem to make a start.

♏ Scorpio Oct. 24-Nov. 22 Whatever good ideas you have today and tomorrow you would be wise to keep them to yourself for the time being.

♐ Sagittarius Nov. 23-Dec. 21 If you stay cool and act rationally today you won't go far wrong.

♑ Capricorn Dec. 22-Jan. 20 The more outrageous your ideas today the better.

♒ Aquarius Jan. 21-Feb. 18 Your thoughts will be all over the place today, so hold off making any hard and fast decisions.

♓ Pisces Feb. 19-March 20. Loved ones may want what is best for you, but what if it does not coincide with what you want for yourself? Well then you'll have to get tough and tell them you'll be going your own way. And mean it. **SALLY BROMPTON**

Caption contest

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